

CLARITY, CONFIDENCE, & CREATIVITY: NEW INFORMATION ON THE SCIENCE OF DEALING WITH STRESS, PEOPLE, & LIFE!

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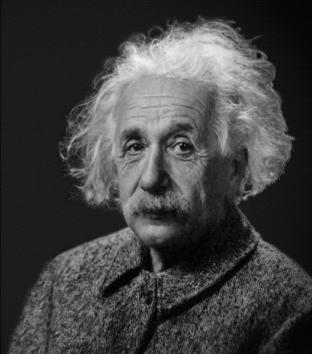
Real Life!

**Problem
Triggers?**

**Problem
Reactions?**

*"Problems cannot
be solved at the
same level of
awareness that
created them."*

Albert Einstein

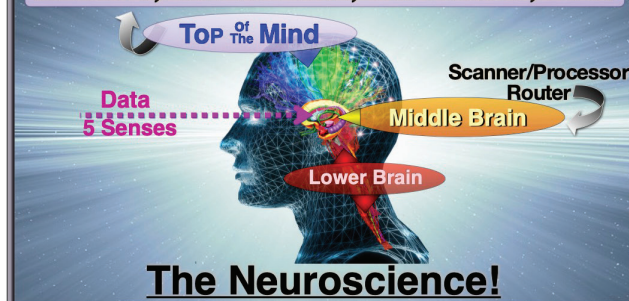


Four Essentials of Effective Decision Making & Influence

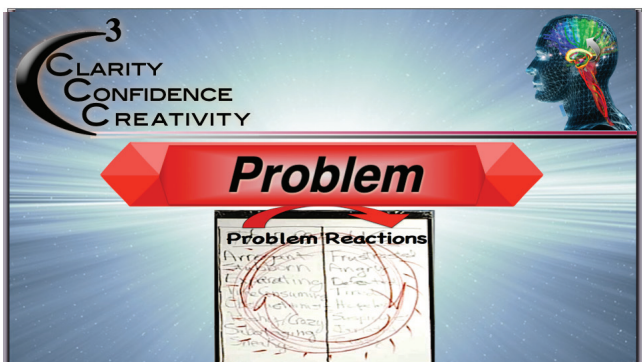
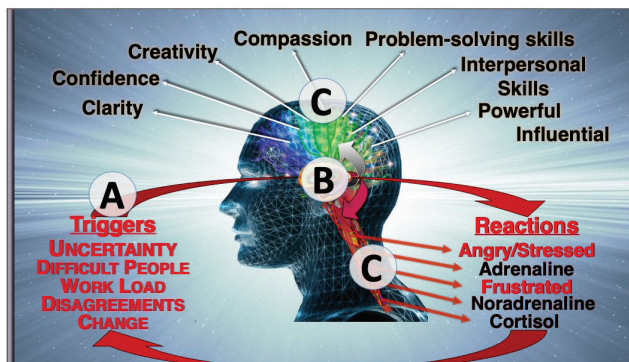
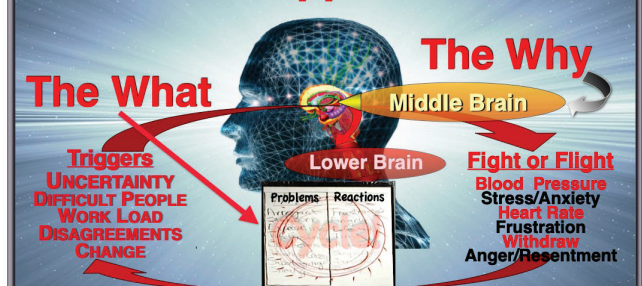


- | | |
|--------------------|----------------------------------------------------------|
| 1. Self Awareness | } How We Understand
& Influence Ourselves |
| 2. Self Regulation | |
| 3. Social Skills | } How We Understand
& Influence Others |
| 4. Communication | |

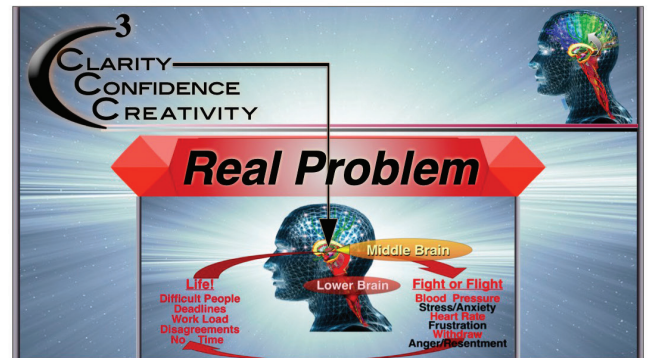
CLARITY, CONFIDENCE, CREATIVITY, ETC.



Trapped!

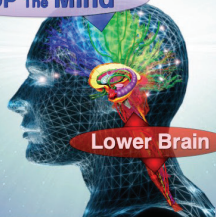


***“Never tie your peace
of mind to another
person’s state of
mind!”***



***Solution!
Regain Control!***

Top of the Mind



***How?
Breathe – 5 by 5 or 4-4-4
Relax – On the exhale***

Top of the Mind



Why?

***Solution!
Harness the Power of Questions
The “Search Engine” For The Brain!***

Top of the Mind

Questions!

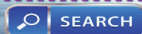


SEARCH



***Problem!
We Are Asking BS Questions!***

Questions!



SEARCH





Breathe – 5 by 5 or 4-4-4
Relax – On the exhale
Ask– *Top^{of} The Mind* Questions

Top^{of} The Mind

Solution!



Top^{of} The Mind Questions

- 1 Was this thought, emotion, or action chosen on purpose?
- 2 How's it working for me?
- 3 Is this the way I want to be defined?

Are We Defining Who We Are?
Or... Are We Being Defined
By The Difficult People
And Situations We
Encounter?

When We Say
“ _____ Makes Me _____ ”

We are giving the difficult
people & situations in
our lives the power
to define us!

Solution!

We Define Ourselves
From the Purposeful, Powerful
Part of the Brain!

Training Film!

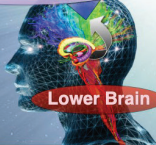


The 4 Criteria

- 1 Was this thought, emotion, or action chosen on purpose?
- 2 How's it working for me?
- 3 Is this the way I want to be defined?
- 4 Would I teach or recommend this way of being to someone I love/lead?

Breathe – 5 by 5 or 4-4-4
Relax – On the exhale
Ask– Top ^{of} The Mind Questions

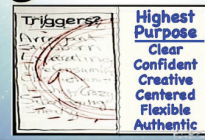
Top ^{of} The Mind



- Statement?
- Teach?
- Effective?
- Purposeful?

Breathe – 5 by 5 or 4-4-4
Relax – On the exhale
Ask– Top ^{of} The Mind Questions
Imagine – Being this way

Top ^{of} The Mind

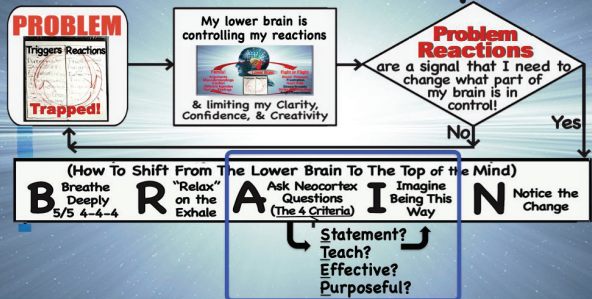


Breathe – 5 by 5 or 4-4-4
Relax – On the exhale
Ask– Top ^{of} The Mind Questions
Imagine – Being this way
Notice – The Change
The BRAIN Model

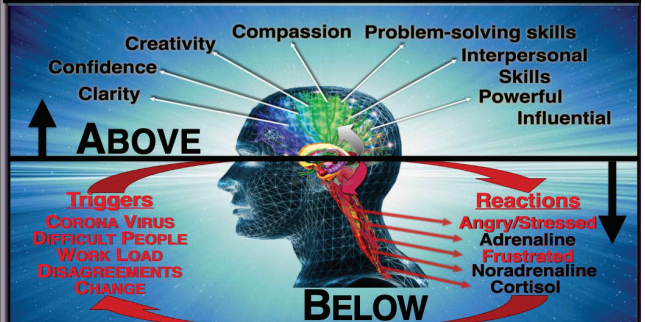
Top ^{of} The Mind



The Awareness Map



What Part of the Brain Am I In/Trust?



HOW IMPORTANT IS YOUR PEACE OF MIND?

**Make Being In
The Top Of
The Mind
THE MOST
IMPORTANT
THING IN LIFE!**



3
CLARITY
CONFIDENCE
CREATIVITY

**Never Make the
Most Important
Thing in Your Life
Something That
Is Beyond Your
Control!**

Control How “B” Interprets Life

HIGHEST PURPOSE

**CLEAR
CONFIDENT
EMPATHETIC
CREATIVE
CURIOUS
WISE
PATIENT
PURPOSEFUL
INFLUENTIAL
AUTHENTIC
RESILIENT**

PRACTICE FIELD

**DIFFICULT PEOPLE
UNCERTAINTY
NEG. EMAIL/TXT
BAD DRIVERS
TRAFFIC/LATE
MISTAKES
LACK/RESOURCES
POLITICS/GOV.
KIDS/FAMILY**

VALUABLE
SIGNAL

**STRESSED
FRUSTRATED
ANGRY
SELF-DOUBT
ANNOYED
SHUT DOWN
OVERWHELMED
DEPRESSED
ANXIOUS
WORRIED**

“Stress is a signal that something needs to change. Suffering . . . is when we don’t make the change.”

Clarity - Meaning & Purpose!

Life As A Practice Field

Where We Choose Responses In a Way That Meet The 4 Criteria

- **Statement**
- **Teach**
- **Effective**
- **Purposeful**



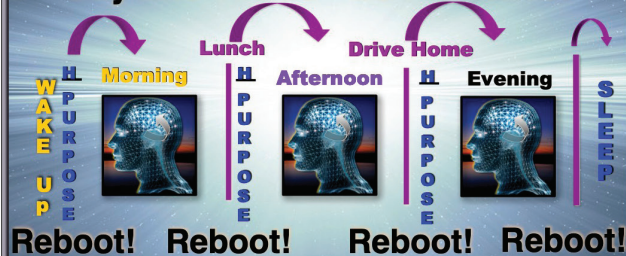
Highest Purpose

- Clear
- Confident
- Creative
- Centered
- Flexible
- Curious
- Kind
- Authentic

Practice Field Problem

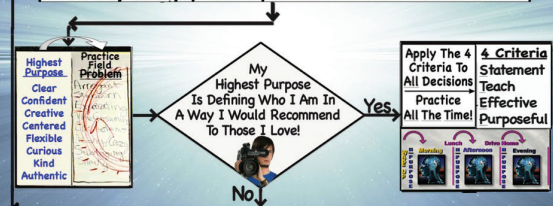
Average 24.5 mpg
Exhausting

How to Rewire the Brain? Divide the Day Into Thirds - Be Proactive!



The LTM System - Part II

(How To Rewire The Brain & Live In The Top of the Mind)
 ✓ Every thought, emotion, & action defines who we are!





I hope that you have enjoyed learning this new information on accessing your clarity, confidence, and creativity by influencing how your brain processes information. I encourage you to give some thought as to how this could also improve the decision-making and productivity in your organization if everyone was coming from the “Top of the Mind.”

If you would like more information on my presentations, unique fee policy (that I call “Integrity-Based Pricing”), and/or availability, feel free to contact me at the phone number or email address below. Or, simply scan the QR code which will take you to my website.



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